



Morning Yoga

For Ages 16+

Register early to ensure your spot

Start your morning feeling energized, relaxed, and ready to take on the day, with morning yoga classes taught by Lynn Spoor! Postures in this class will help tone, lengthen and strengthen your muscles. Meditation and deep breathing exercises will help relax, and prepare you for the day ahead!

Ages	Days	Dates	Fee	Code
16+	<u>Tuesdays</u> 10:00 am-11:00am	January 10-24	\$35R / \$44NR	214703 A1
		February 7-28	\$35R / \$44NR	214703 A2
		March 7-28	\$35R / \$44NR	214703 A3
		April 4-25	\$35R / \$44NR	214703 A4
		May 2-23	\$35R / \$44NR	214703 A5

Location:	Wellington Community Center (561) 753-2484 12150 Forest Hill Blvd
Instructor Contact:	Lynn Spoor - Phone: (561) 202-5966 Email: spoorlady@bellsouth.net
Special Notes:	Please bring a yoga mat, towel, and water.



REGISTER ONLINE*

You can register for most programs online at:
www.wellingtonfl.gov/webtrac

By default your initial username and password are set as your Household Number. This number is found at the top left of your registration receipt.

*First time participants must register in-person to establish a household in our system. **Proof of residency and age required.** Not all programs available for online registration. Visit wellingtonfl.gov/activityregistration for more info.

Transfer & Cancellation Refund Policy:

A \$10.00 per participant / activity administrative fee will be deducted for each transfer/refund. If you are unable to participate in your program, you must notify the office before the second activity/ class to receive your refund. No refunds are issued after the 2nd class. No refunds are considered once the activity/class is over, except in the case of a documented medical emergency.

Special Assistance

If you are in need of any special assistance in order to participate in any of our programs, please call Chris O'Connor at (561) 612-6697, at least two weeks prior to the begin date of the program or class.

